

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

JUNE 2015



Guest Speaker - Judge Joe Marino

June 9th 9:30am



We are excited to have the Honorable Joseph D. Marino, Probate Judge, District of Middletown as a guest speaker on Tuesday, June 9th at 9:30am! You won't want to miss this opportunity to participate in an informative discussion on last wills and testaments as well as probate court issues. Bring your questions! Refreshments will be served. **Please pre-register for this free presentation.**

Grilled Chicken/Pasta Salad Afternoon Dinner June 4th 3:00pm

Join us for a delicious meal of grilled chicken, pasta salad, beverage and a dessert. \$5 per person and pre-registration is required. Space is limited.



SENIOR SERVICES OFFICE

To better assist our members, the main Senior Services office will temporarily be housed upstairs beginning June 1st. All questions, registrations and key fob scanning will take place in classroom A. This is a temporary move for the Summer to ease traffic flow and cut down on wait times during the Recreation Division's busy season.

Polynesian Night—June 19th 5:30pm

Come and relax on island time. Enjoy games, food and music Polynesian style. The cost is \$7 per person. Pre-registration is required. No early birds.



Game Show Afternoon June 9th 2:00pm

Exciting, interactive, live game show afternoon. Join us for games such as; Jeopardy, Family Feud, Wheel of Fortune, and much more. Be a spectator or take a



Monthly Entertainment - June 2nd 12:30pm

Come and see a 21st century one-man band and orchestra! Harvey Snitkin will entertain us by performing a variety of musical styles on soprano, alto and tenor saxophone, clarinet, flute, oboe, English horn, and vocals. **Free and no pre-registration is needed.**

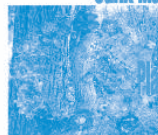


Recycled/Useful Crafts June 8, 15, 22, 29 All Sessions 10am

Whimsical Pop Can Garden Art



Summer Tote Bags from Fused Grocery Bags



Junk Mail

Plastic Bottle Flower Wreath

During this 4 week series, we will repurpose everything from junk mail to soda cans to create beautiful treasures! You can sign-up for any or all sessions. \$4 per session & pre-registration is required.



Let's Garden! — Thursdays at 9am beginning 6/4

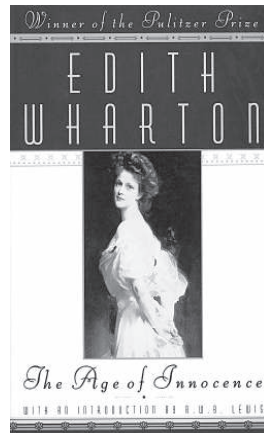


Calling all gardeners! If you love to get your hands dirty and take pride in growing fresh vegetables and herbs, this is the program for you! Please pre-register for this free program.

June Book Club

The next book that we will be reading is "The Age of Innocence" by Edith Wharton.

Call for more information and to enroll in this program. Books will be supplied (\$3). Discussion will take place on Monday, June 29th from 2:30-3:30pm.



Oil Painting

June 16th 1:00pm

Back by popular demand!! Local artist, Armida Espailat will be teaching oil painting class. **This 10 session class will begin on June 16th at 1:00pm.** The cost is \$20. Beginner supplies will be provided. Space is limited. Please register in advance.



Coupon Cutting Class—June 15th 1:30PM Instructor: Susan Dawon

Ever wondered how you could save money on the things you use on a daily basis? Learn tips & strategies to reduce your shopping bills! In this class you will learn where to find coupons, coupon policies, and the ins and outs of shopping. Bring your coupon questions. \$4 fee & pre-registration is required.

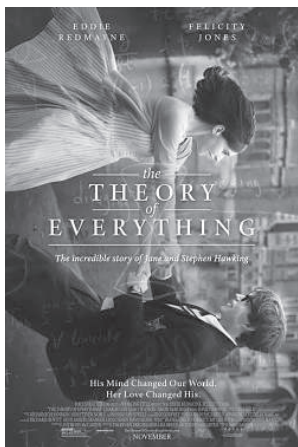


Pancake Breakfast June 17th at 9:30am

Pancake and sausage breakfast Wednesday, June 17th at 9:30am. Please no early birds and no walk-ins. Registration begins June 1st. Pre-registration is required. \$2 to participate.

Pizza and A Movie June 8th at 1pm

This fun afternoon event in the dining hall features a pizza lunch and a showing of the new release "The Theory of Everything" featuring Eddie Redmayne and Felicity Jones. This is the incredible story of Jane and Stephen Hawking. The cost is \$2 per person and pre-registration is required.



New to Medicare Seminar June 24th 6pm

If you will be enrolling in Medicare this year, you will not want to miss this informational seminar! Laura Crews, Director of Benefits Access for Senior Resources Agency on Aging, will provide information on Traditional Medicare, Supplemental Insurance, Medicare Advantage Plans, Medicare Savings Plan as well as Medicare prescription drug plans. Please pre-register for this event. Space is limited.



Sherbert Social June 22nd 2:30pm

Beat the heat with this refreshing Summer treat. Free but please pre-register.



Senior Services Division Contact Information

Monday—Friday 8:30am to 4:30pm

Main Number: (860) 638-4540
Fax Number: (860) 343-5427
Senior Services E-mail: Seniors@MiddletownCT.gov
Senior Services Website: www.middletownct.gov/seniors

Acting Director: Debbie Stanley (860) 638-4501
Senior Services Manager: Ann Gregg (860) 638-4548
Senior Services Coordinator: Heidi Geores (860) 638-4541
Senior Services Specialist: Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer: Laura Runte (860) 638-4542
Program Aide/Custodian: John Marion (860) 638-4540
Sr. Bus Driver: Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch: CW Resources (860) 558-5285

Volunteer Club Meeting June 18th 3pm

Come and find out how
you can get involved!

Senior & Community Ctr Guided Tours

June 18 at 3:30pm
June 29 at 9:30am

Recurring Programs/Services

(F) = Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (lessons 1st & 3rd Wednesdays at 11am) (F)
Bingo—Wednesdays & Fridays at 1pm (\$)
Bocce—Fridays at 9am (F)
Blood Pressure Clinic—Tuesdays 12:45-1:45pm (F)
Book Club—Last Monday of the month at 2:30pm (\$ for book only)
Cable TV—Anytime (F)
Card Games—Anytime & Thursdays at 12:30pm (F)
Ceramics—Mondays & Wednesdays at 12:30pm (\$)
Computers—Laptops are available for use anytime (F)
Dancing for Joy—Mondays at 1:30pm (F)
Dominoes—Anytime & Mondays at 12:30pm (F)
Drawing for Everyone—Tuesdays at 1pm (\$)
Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)
Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)
Gardening—Thursdays at 9am (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F)
Jazz Class—Thursdays at 11am (\$)
Knitting—Thursdays at 1pm (F)
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2pm (F)
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$)
Middletuners Chorus Practice—Wednesdays at 3pm (F)
Movies—Tuesdays at 12:30pm (F)
Oil Painting—Tuesdays at 1pm (F)
Ping Pong—By Reservation (F)
Reflexology—By appointment (\$)
Reiki—First Thursday of the month (\$)
Tai Chi—Mondays at 10:30am (\$)
Therapeutic Exercise—Tuesdays at 11am (F)
Yoga—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to Mary Spooner, our May winner. Enter for a chance to win a free lunch, compliments of CW Resources.

April's Brain Teaser Winners

*Ralph Blumberg, Gail Burdon, *Lillie Cain, Carlene Chisem, Nancy Clayton, Ed Cook, Gerard Cyr, Joan Fazzino, Kay Francis, Nancy Glenn, Catherine Haro, Raymond Hubbard, Chet Kolsch, Jane Koelsch, Stanley Kokoszka, Joan Konareski, Nancy LaChase, Sue Larabee, Annabelle Malone, Ann Osora, Mark Radziwon, Nancy Rogalsky, Carla Salerno, Chuck Stanley, Carol Van Lieu, Rosemarie Vecchitto, Mary Willoughby*

***Denotes Prize Winner**

Congratulations to all of our winners. Please stop by the Center to pick up May's Brain Teaser.

Lunch Served Daily



Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The suggested donation is \$2 per meal.

Please call Brian, our café manager at 860-558-5285 for a reservation.

Lunch menus available at the Center, on our website or can be e-mailed by request.

Transportation (860) 347-3313

Dial-a-Ride—The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown Area Transit.

Enhanced Dial-A-Ride—Adults over the age of 60 who would like transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-347-3313. Same day requests cannot be guaranteed.

The only set schedule operating is:
Traveling to the Senior & Community Center
(Pick-ups):

South Green	Sbona Towers	OMH	Rivers Edge	Senior Center
11:20	11:25	11:30	11:35	11:45

Departing from the Senior & Community Center:

Mon	Tues	Wed	Thurs	Fri
1pm	1pm	1 & 2:30pm	1pm	1 & 2:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Exercise 9:00-3:00 Massage 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy	2 9:00 Foxwoods Casino Bus Trip 9:30 Bunco 9:30 Zumba (DVD) 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Entertainment by Harvey Snitkin 12:30 Movie 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Aerobics (DVD)	3 9-9:45 Exercise 10:00 Scrabble 10:00 Yoga 11:00 Instructional Pool Lessons 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise 3:00-5:00 Middletuners Chorus Practice	4 9:00 Lets Garden 9:00-12:00 Mahjong 9:30 Hammonasset Bus Trip 10:00 Exercise 11:00 Jazz Class w/ Ronna 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing 3:00 Chicken Dinner	5 9:00 Bocce 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo
8 9:00 Exercise 10:00 Recycled/Useful Crafts 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:00-3:00 Pizza & A Movie 1:30-2:45 Dancing for Joy	9 9:30 Bunco 9:30 Crystal Mall Bus Trip 9:30 Judge Joe Merino 9:30 Zumba (DVD) 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Movie 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Aerobics (DVD) 2:00 Game Show Afternoon	10 9-9:45 Exercise 9-2:30 Foot Care—by appointment 10:00 Scrabble 10:00 Yoga 12:00 AARP Membership Meeting 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise 1:45 Wadsworth Mansion Bus Trip 3:00-5:00 Middletuners Chorus Practice	11 9:00 Lets Garden 9:00-12:00 Mahjong 9:00 Reiki 10:00 Exercise 11:00 Jazz Class w/ Ronna 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 June Birthday Party 2:00 Line Dancing	12 9:00 Bocce 9:30 Zumba (DVD) 9:30 July Bus Trip Sign-ups 11:00 Meditation (DVD) 11:00 Coffee w/ the Manager 12:00 Lunch 1:00 Bingo 1:00 Self Guided Exercise w/ free weights 5-7:30 Socialize and Paint
15 9:00 Exercise 9:00-3:00 Massage 10:00 Recycled/Useful Crafts 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30 Coupon Cutting Class 1:30-2:45 Dancing for Joy	16 9:30 Bunco 9:30 Zumba (DVD) 10:00 Drake Hill Flower Bridge Bus Trip 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Movie 12:30 Middletuners Sing A Long 12:45-1:45 Blood Pressure Clinic 1:00 Oil Painting 1:30-2:00 Middletuners Chorus Practice	17 9-9:45 Exercise 9:30 Pancake Breakfast \$2.00 10:00 Scrabble 10:00 Yoga 11:00 Instructional Pool Lessons 12:00 Hearing Screening 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise w/ free weights 3:00-5:00 Middletuners Chorus Practice	18 9:00 Lets Garden 9:00-12:00 Mahjong 10:00 Exercise 11:00 Jazz Class w/ Ronna 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing 3:00 Volunteer Meeting 3:30 Guided Tour	19 9:00 Bocce 9:30 Zumba (DVD) 10:00 Health Seminar—Lyme Disease 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 5:30—8 Polynesian Night

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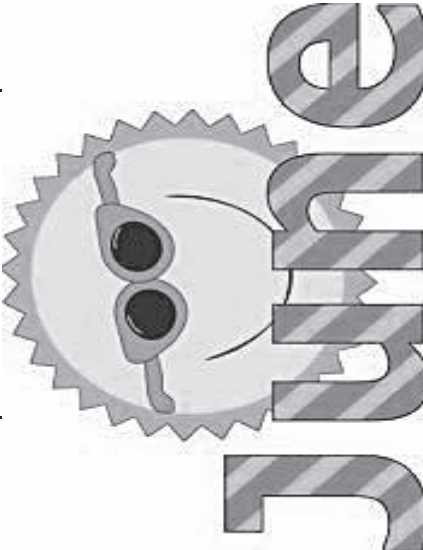


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EAST HAMPTON
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3:00-5:00 Middletuners Chorus Practice	24 9:00-9:45 Exercise 9-2:30 Foot Care— by appointment 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exer- cise w/ free weights 3:00-5:00 Middletuners Chorus Practice 6:00 New To Medi- care Seminar	25 9:00 Lets Garden 9:00-12:00 Mahjong 10:00 Exercise 11:00 Jazz Class w/ Ronna 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing	26 9:00 Bocce 9:30 Zumba (DVD) 10:00-12:00 Senior Haircuts 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo
1:30 Baking Ballina/ Chocolate Muffins with Ann 1:30-3:00 Aerobics (DVD)	23 9:30 Bunco 9:30 Zumba (DVD) 10:00 Decoupage Craft 11:00 Gouveia Vine- yard Bus Trip 11-12 Therapeutic Fit- ness 12:00 Lunch 12:45-1:45 Blood Pres- sure Clinic 1:00 Oil Painting 1:30-3:00 Aerobics (DVD)		
22 9:00-3:00 Massage 9:00 Exercise 10:00 Recycled/ Useful Crafts 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy 2:30 Sherbert Social	30 9:30 Bunco 9:30 Zumba (DVD) 10:30 Elizabeth Park Bus Trip 11-12 Therapeutic Fit- ness 12:00 Lunch 12:30 Movie 12:45-1:45 Blood Pres- sure Clinic 1:00 Oil Painting 1:30-3:00 Aerobics (DVD) 6:30 Civitan Bingo		
29 9:00-3:00 Massage 9:00 Exercise 9:30 Guided Tour 10:00 Recycled/ Useful Crafts 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy			

Please Note:

Haircuts will be held on June 26th 10am-12pm. \$3 Appointment Only

Some Additional programming may be added after the printing of this newsletter. We are scheduling a ballroom dance performance. Call for additional information.

Please see the front page of this newsletter for information regarding the Senior Services Office moving to the 2nd floor for the Summer.

Our Office Hours are Monday—Friday 8:30am to 4:30pm



Bus Trips

June

- 2nd**—Foxwoods Casino (9-4) \$4
4th—Hammonasset Beach (9:30-2:30) \$3
9th—Crystal Mall (9:30-3) \$4
10th—Wadsworth Mansion Tour & Tea Party (1:45-3:30) Free
16th—Drake Hill Flower Bridge & Cracker Barrel (10-2:30) \$3
23rd—Gouveia Vineyard (11-3:30) \$6
30th—Elizabeth Park/Chowder Pot (10:30-2:30) \$3

July

- 7th**—Mohegan Sun (9-4) \$4
14th—Tanger Outlet & Fishtale Restaurant (10-3) \$3
21st—Gillette's Castle Park & La Vita Gusta Restaurant (10-2:30) \$3
23rd—Thimble Island Cruise & Fishtale (10-2:30) \$10
28th—Bertucci's & Trader Joe's (10:45-3) \$4
Bus Sign-ups for the July trips is June 12th at 9:30am. Sign-ups are done by a lottery. Numbers are drawn at 9:30am.

Have you received your membership card? If not, please stop by the front desk.

Jazz Class with Ronna
Thursdays at 11am
Beginning on 6/11

\$18 for this fun 6 week session.
 Must Pre-Register. Sign-up now!



Baking Banana Chocolate Chip Muffins
June 16th at 1:30pm



Fun and interactive baking project.
 Bring home what you make!!! Pre-registration is required. \$3



June Birthday Party
June 11th at 2:00pm



Celebrating all June Birthdays!!! Everyone is welcome and encouraged to participate! Please pre-register. This party is generously sponsored by Water's Edge Center for Health & Rehabilitation.



Coffee with the Manager
Friday, June 12th 11:00am

Please join us for coffee and light refreshments with our Manager of the Senior Services Division, Ann Gregg. This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome.

Socialize & Paint with Armida
Friday, June 12th 5:00-7:30pm

Everyone will create a one of a kind sunflower painting to take home. Absolutely no experience or artistic ability is needed. This is just a fun night out with a bonus paint project. \$10 to participate. You must pre-register. Refreshments will be served.



Bocce

The bocce court is now open! It can be used on a first come, first serve basis. An instructional session will take place on June 5th at 9:00am. Please sign up at the front desk to register for men's and women's club.



Summer Sizzler Party
July 2nd 5:30pm

Socialize and celebrate Summer. Enjoy mocktails, a cookout and music. This is an outdoor event, weather permitting. The cost is \$7 per person. Please pre-register.



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Save The Date!! **July 7th at 12:30pm**

Middletuners Chorus Annual Performance / Program is scheduled for Tuesday, July 7th at 12:30pm. This is their 1 hour performance, not a sing-along.



Educational Seminar– Lyme Disease **June 19th 10am**

Educational seminar on lyme disease presented by Janet Leonardi, RN. This is a free program. Pre-registration is not required.



Health

Middletuners Sing-Along Schedule

Join the Middletuners for a fun sing-along on June 16th at 12:30-1:30pm. No pre-registration required. Come, socialize, sing and have fun! Make your lunch reservations in advance! Sing-alongs are the third Tuesday of every month. 7/21, 8/18, 9/15, 10/20, 11/17, 12/15



Decoupage Flower Pot Project **June 23rd 10am**

Create your own decorative flower pot using decoupage. All materials are provided. Space is limited. Pre-registration is required. \$5.00 per person.

